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Panellists not pointing fingers

Interim review into Rehtaeh Parsons' case aims to implement policy to prevent another tragedy in the future

PAGE 3



DREAM MATCHUP:

MOOSEHEADS FORWARD
NATHAN MACKINNON
TO FACE OFF AGAINST
WINTERHAWKS
DEFENCEMAN
SETH JONES
AT MEMORIAL CUP
THIS WEEKEND

PAGE 21



COUPLE TRAPPED IN SUV

Firefighters helped rescue an elderly couple trapped inside their vehicle after it flipped on its side in a two-vehicle crash on Damascus Road near the Bedford Common on Monday around 1 p.m. The passengers — a 79-year-old man and 63-year-old female — were both transferred to hospital by paramedics with minor injuries. No one was hurt in the other vehicle. DEVAAN INGRAHAM/FOR METRO

Cops to tackle summer crime spike

Property crime. Stats show nearly half of incidents happen in four months

Halifax RCMP will roll out some new tricks this summer to battle the annual spike in property crimes.

Statistics from the last three years show that break-and-enter, theft from and of vehicles, and property damage rise in the Mounties' jurisdiction by an average of 41 per cent between May 1 and Aug. 31.

"This is a three-year benchmark.... We've got a pattern here that needs to be addressed," said Supt. Roland Wells at Monday's meeting of the Board of Police Commissioners.

The data shows the spike is concentrated in three "hot spots" — Lower Sackville, Cole Harbour and Tantallon

— and Wells said he'll be asking senior officers to develop strategies specifically for those areas.

"That could be increased cruiser patrols, it could be plainclothes foot patrols, it could be bike patrols ... it could be any number of things that are appropriate for that crime," he said.

Statistics released by Halifax Regional Police and the RCMP on Monday suggest overall crime in HRM is down 13 per cent for the first quarter of the year, compared to 2012.

"This is an example of the good work that's been done in the past year by our guns-and-gangs unit, by our criminal investigative division, by the street checks that are being done.... It's really a co-ordinated effort on behalf of HRP," said HRP Chief Jean-Michel Blais.

Property crimes fell by 12.4 per cent.

RUTH DAVENPORT/METRO



Long weekends. Long lunches.
Really short drive.

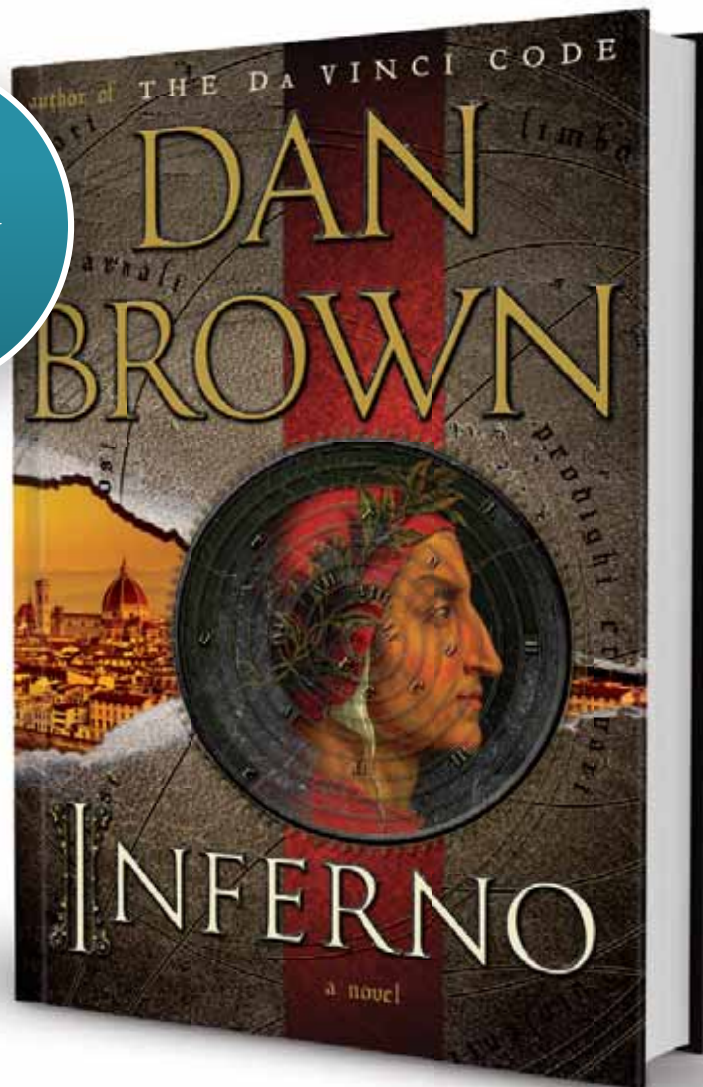
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Parsons case active, ongoing, police say

A month after the Rehtaeh Parsons case was reopened, police are offering no new details as the investigation into an alleged rape against her continues.

On April 12, a team made up of Halifax Regional Police and RCMP officers were assigned to review "new and credible" information that had come to light.



Rehtaeh Parsons
FACEBOOK

Police spokesman Cpl. Scott MacRae said then an individual had come forward and was willing to co-operate with police. He

emphasized it did not come from an online source.

"We're letting the investigators do their work and as it's ongoing it is very difficult for me to talk to any specifics at all," MacRae said, when contacted for an update Monday.

The 17-year-old Parsons took her own life last month after close to two years of bullying following an alleged rape involving four boys when she was 15.

Shortly after the alleged rape, a photo of the incident was circulated around Parsons' school.

The hacker group Anonymous has said they've identified the boys involved, but MacRae said in response last month he didn't think they were connected to the police's new information.

HALEY RYAN/METRO



Debra Pepler, right, and Penny Milton answer questions at a media opportunity Monday at One Government Place. DEVAAN INGRAHAM/FOR METRO

Parsons review won't 'name names': Panellists

10 questions.
Interim report outlines methods, questions panellists focusing on



HALEY RYAN
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The panellists reviewing how the Halifax Regional School Board handled the Rehtaeh Parsons case said they will not "name names" but hope to make policy recommendations to "prevent something like this from ever happening again."

Panellists Debra Pepler and Penny Milton released the interim report Monday,

which outlines their methods and goals for the review.

"By figuring out where the gaps are and the challenges are ... we may be able to provide guidelines so students who struggle are supported," said Pepler, a professor at York University.

Parsons, a 17-year-old from Cole Harbour, took her own life in early April, two years after she was allegedly gang-raped and then bullied by classmates over a photo of the incident.

Milton said the panel will attempt to answer 10 questions set out by the government, related to policies, training and guidelines in respect to bullying, cyberbullying and sexual violence within the HRSB.

Report

The final report will be delivered June 14.

The panel will speak with principals, teachers, superintendents, parents, student council groups and health officials to get a full picture on how current policies actually work.

"We've taken a kind of 360 perspective, looking at the issues from all the different vantage points ... and we want to hear the complexity of their experience," said Milton, a former CEO of the Canadian Education Association.

In order for people to be as open as possible, all interviews in the report will be an-

onymous, Milton said.

The review will not establish the facts of Parson's case or prove what bullying went on because of the current police investigation.

"That's not the core of our mandate," Milton said.

Pepler said she is "optimistic" the panel will come up with recommendations by the end of the eight-week process and identify tensions that exist.

"We're still wondering about ... how to find some practical, feasible and really productive recommendations that aren't just a restatement of what people know, but that start a conversation that's quite different around supporting children," Pepler said.

1 NEWS

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This is wheelie happening. Mayor and councillors to bike their way downtown

Yes, that will be your mayor riding by on a bicycle on Tuesday.

Mayor Mike Savage and HRM councillors will hit the pavement on two trusty wheels to promote Bike Week on Tuesday. According to a HRM release, the group will set out from Victoria Park at 11 a.m. and travel down Spring Garden Road to Barrington Street, before winding up at Grand Parade in a "show of support for making the city more bike-friendly."

After a group photo on the steps of City Hall, the 2013 Bike Week lineup will be announced during a reception at 11:45 a.m. in Halifax Hall.

The annual Bike Week festi-



Mike Savage METRO FILE

val includes 50 events this year, and will be held from May 31 to June 9. **METRO**

Herring Cove. 4th man charged in assault, robbery

A fourth man has been charged in connection with an alleged assault and robbery outside Halifax last Thursday.

Police say an 18-year-old man met four men he knew in a public parking lot in Halifax.

They allege they got into a car and drove to Herring Cove, where the man was seriously assaulted and his money was stolen before he was left at the scene.

The man called police from his home and was taken to hospital to be treated for serious injuries.

Others arrested

Police had already arrested and charged Cody Thomas Flint, Alexander Ross Quackenbush and Cody Francis Arseneault, all from Halifax, in the case.

Police say 20-year-old Robert Lewis of Halifax turned himself in at police headquarters and is facing charges of assault causing bodily harm and robbery. **THE CANADIAN PRESS**

Police search

Cape Breton police searching for missing woman

Police in Cape Breton are asking for the public's help in locating a missing woman from Richmond County.

Michaëlle Marie Demers-Kennedy was reported missing Sunday at 1:45 p.m., but her last known sighting was May 2 at her home on Three Rivers Road in Framboise.

The 57-year-old Demers-Kennedy is described as white, five-foot-four, 110 pounds with brown hair and brown eyes.

Anyone with information on her whereabouts is asked to contact police. **METRO**

Road safety

Motorists not slowing down near emergency vehicles: Police

Three years since the province's move over law came into effect, RCMP officers are still seeing too many examples of motorists who don't move over when approaching an emergency vehicle with its lights flashing.

"People are telling us they don't know about the law, but that's hard to believe because May 1 was the third anniversary of it," Cpl. Darren Galley of Northern Traffic Services said. Under the legislation, a motorist must slow his or her vehicle to 60 km/h and, if it's safe to do so, move over into a lane further away from the stopped emergency vehicle.

AMHERST DAILY NEWS



A 30-kilometre-per-hour school zone crossing sign is seen on Gottingen Street in Halifax Monday. **DEVAN INGRAHAM/FOR METRO**

School zone debate: Uhh ... define 'present'

Speed limit. Police say 'when children are present' clause creates 'grey area,' creates uncertainty for patrol officers

Quoted

"There's a bit of a grey area here, so we would appreciate a tightening up, a clearer definition of what's going on there." **Halifax RCMP Supt. Roland Wells**

During Monday's Board of Police Commissioners meeting in Halifax, chair Micki Ruth asked senior police brass how officers were handling that particular requirement.

"How close is present? I drove by one day and there's a kid playing in a tree, about 30 feet away. Present?" she asked.

The question touched off a comical exchange on the criteria for "presence" in a school zone, which both HRP Chief Jean-Michel Blais and Halifax RCMP Supt. Roland Wells ac-

knowledgeed is a challenge.

"From Monday to Friday, that's pretty clear cut," said Wells. "It's the after-hours activity or the weekend activity that becomes difficult."

"But then they're not present. Even if they're present. Or they are present if they're present?" responded Ruth, prompting Abbott and Costello comparisons from onlookers.

Blais said he's asked the Department of Justice for clarification, though there's been no response so far.

"New legislation takes time to work out the kinks...and the best way of making the change to make it more efficient," he said.

Blais said so far, he's not aware of any tickets that have been challenged in court.

Wells said RCMP have increased radar patrols in school zones by 138 per cent in April, compared to the same month last year.

He said he'd also like some clarity around the new law — though he said a marked cruiser is usually enough to slow most drivers down.

"When a marked cruiser is on the side of the road writing a (ticket)...the greater impact is the deterrent on the 15 people who have driven by," he said.



RUTH DAVENPORT
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The Halifax Regional Police chief has asked the province to clarify what he calls the "nebulosity" of a recent change to speed limits in school zones.

Last September, the provincial government implemented an amendment that drops the limit to 30 kilometres per hour "when children are present."



Jean-Michel Blais METRO FILE

Police Commission votes to take over Youth Advocate Program

The Halifax Regional Police chief says HRM's nationally-recognized Youth Advocate Program won't change as a division of the regional police service.

The Board of Police Commissioners voted to take over administration of the program Monday, acting on advice from HRM legal staff who said the

program doesn't meet the criteria for municipal funding.

There had been suggestions that bringing the program under the police umbrella would drive participants away, but Chief Jean-Michel Blais said there's been no such feedback from current participants.

"We have no intention of changing the structure of the

program," he said, repeating that front-line staff and the program operations would remain the same.

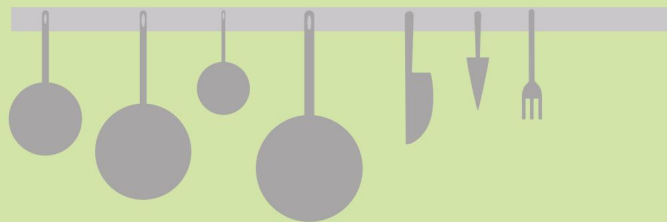
Six program staffers each work with five local families and children on an intensive "wraparound" basis to help divert the kids from criminal activity and youth gangs.

RUTH DAVENPORT/METRO

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Protesters rally against Veterans Affairs office closure

Feds taken to task. Sydney office scheduled to close next March along with seven other offices across Canada

More than 150 people protested the closure of the local Veterans Affairs office in Sydney on Monday.

The Public Service Alliance of Canada rally joined veterans with other public-sector unions to demand that the office remain open with the 14 people it employs.

PSAC national president Yvan Thauvette told the crowd assembled that the federal government is misleading the public by thinking closing these offices will cut bureaucratic red tape.

"This government approved cutting millions of dollars from the Veterans Affairs Department while they were signing a \$318-million contract with a

private company," he said.

Veterans Affairs spokesperson Niklaus Schwenker said in a release the changes will provide better service by dispatching case managers and nurses directly to a veteran's home.

Those who need in-office services will be able to access one of five Service Canada offices for assistance in Cape Bre-

ton, he said. "So the veterans currently serviced out of this office will be serviced off the corner of a desk somewhere," he said.

"It's a darn safe bet that when you go in to get the services that have been available to you in this office, you're going to be pointed to a computer terminal or a 1-800 number to a call centre somewhere in Kirkland Lake." **CAPE BRETON POST**

Quoted

"They are not saving a single dollar. They're moving the money around. They're robbing Peter to pay Paul."

PSAC national president Yvan Thauvette

ton, he said.

However, Thauvette said there won't be any Veterans Affairs specialists handling cases at Service Canada offices when it comes to submitting such applications as veterans disability benefits or the veterans independence program.

"Tell me something, (Veterans Affairs) Minister (Steven) Blaney, if you need to get your



A large group of people protested outside the Veterans Affairs Canada office in Sydney on Monday.
STEVE WADDEN/CAPE BRETON POST

Lobster fishermen set to head back out on water

The lobster fishing season in northern Nova Scotia is back on.

At a meeting Monday night, fishermen voted 196-52 in favour of going back out to fish, despite still facing what they have been protesting as unfair prices, leaving boats tied up since late last week.

Northumberland Fisheries Association president Ron-

nie Heighton said the action taken by the fishermen was a first and he thanked them for their patience and perseverance.

"We quit as one and we started back up as one."

Nova Scotia Fisheries and Aquaculture Minister Sterling Belliveau told a crowd of about 500 fishermen and women in Antigonish that the provincial government

By the numbers

Lobster prices vary throughout the Maritimes, but local fishermen were receiving \$3.75 for cannery and \$4 for market-sized lobsters before the protest began.

has heard their demands for higher lobster prices and is

working on a solution.

Belliveau was contacted at the fishermen's last meeting in Antigonish on Sunday and was asked to address the issue of low lobster prices. He said he met earlier in the day with their union and association representatives along with the deputy minister and other provincial officials.

Belliveau said Nova Scotia Fisheries and Aquaculture

has already been in contact with the fisheries departments in New Brunswick and Prince Edward Island and a meeting will take place later this week between the three departments to discuss how to address the issue of low lobster prices.

Belliveau said the province is also planning to address the issue of soft lobster prices by committing to better mar-

keting Nova Scotia's lobsters through a new promotional campaign in Nova Scotia, Canada and global markets.

The boats along the Northumberland Strait have been tied up since Thursday along with boats throughout other parts of Nova Scotia, New Brunswick and Prince Edward Island in protest of low lobster prices.

NEW GLASGOW NEWS





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Chris Hadfield, singing space traveller, back on terra firma

Touchdown.

Astronaut puts out first music video made in space prior to return

Astronaut Chris Hadfield returned to Earth Monday night after a five-month mission at the International Space Station that saw him become the first Canadian to command the orbiting laboratory.

The 53-year-old touched down in Kazakhstan on a Russian Soyuz capsule, which was also carrying cosmonaut Roman Romanenko and NASA astronaut Tom Marshburn — the same pair Hadfield blasted off with on Dec. 19, 2012.

The journey was Hadfield's first return space flight inside the cramped Russian space capsule. The craft tore into the atmosphere before a parachute opened, slowing its descent until it hit the ground at 11:31 p.m. ADT.

Rescue teams moved quickly to help the crew in their bulky spacesuits get out through the narrow exit hatch. They were then put into reclining chairs to start adjusting to Earth's gravity.

The three astronauts smiled as they chatted with space agency officials and

doctors. They then made quick phone calls to family members and friends.

In a statement issued after the landing, Prime Minister Stephen Harper said the astronaut has done an "absolutely remarkable job.... His highly effective use of social media has brought the miracle of space travel home to ... the entire world."

During his stay in space, Hadfield became a bit of an extraplanetary star. He tweeted photos, talked to schoolchildren, strummed his guitar and provided videos about daily life on the station.

In a high-flying first, Hadfield said his farewell to the station with a music video: his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

While Hadfield will be remembered most for the photography and music, his main task was performing experiments, examining changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Now that Hadfield has landed, it will be at least three years before the next Canadian visits the space station.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS



Canadian astronaut Chris Hadfield plays in the first music video from space, a cover of David Bowie's Space Oddity. CHRIS HADFIELD/NASA/THE ASSOCIATED PRESS

Earthling fans

850K

Chris Hadfield has more than 850,000 Twitter followers.

Competition

5,330

In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

Actual work

100

Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19, 2012.

Long haul

5

On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

Depression. Doctors told regular screening may do more harm than good

Family doctors are being advised against routine screening for depression among patients who have an average risk of the mental health disorder or no apparent symptoms.

The Canadian Task Force on Preventive Health Care issued the updated guideline Monday, saying there is little evidence in the medical literature to support routine screening of all patients and suggesting it could do harm in some cases.

Dr. Michel Joffres, chair of the task force's depression-guideline working group, said mass screening could lead to patients feeling stigmatized or labelled, and some being

Benefit not proven

"The task force places a high value on clear evidence — and we don't have it."

Dr. Michel Joffres of the Canadian Task Force on Preventive Health Care and professor of health sciences at Simon Fraser University

misdiagnosed and unnecessarily treated.

Screening involves asking patients questions — such as a procedure can range from two to 30 queries — about their emotional state and physical signs that might indicate depression.

THE CANADIAN PRESS

Immune to antibiotics

Rate of superbugs 'substantial': Study

About one in 12 adults in hospitals across Canada are either carrying or infected with a superbug, the first national survey on the prevalence of antibiotic-resistant organisms has found.

Principal researcher Dr. Andrew Simor, head of infectious diseases at Sunnybrook Health Sciences Centre, explained that overuse of antibiotics can wipe out susceptible bacterial strains, allowing resistant strains to proliferate.

Canada has a lower prevalence of cases than the U.S., but the rates exceed those in such countries as Sweden and Denmark. THE CANADIAN PRESS

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Mother's Day shooting. Police identify New Orleans man as suspect

Police late Monday identified a 19-year-old man as a suspect in the shooting of about 20 people during a Mother's Day parade in New Orleans, saying several people had identified him as the gunman captured by surveillance camera videos.

Superintendent Ronal Serpas said officers were looking for Akein Scott of New Orleans. He said it was too early to say whether he was the only shooter.

"We would like to remind the community and Akein Scott that the time has come for him to turn himself in," Serpas said at a news conference outside of police headquarters. A photo of Scott hung from a podium in front of the police chief.

"We know more about you than you think we know," he said. The mass shooting showed again how far the city has to go to shake a persistent culture of violence that belies the city's festive image.

Earlier, police announced

a \$10,000 reward and released blurry surveillance camera images, which led to several tips from the community.

"The people today chose to be on the side of the young innocent children who were shot and not on the side of a coward who shot into the crowd," Serpas said.

The superintendent said SWAT team members and U.S. marshals served a search warrant at one location looking for Scott, and also visited two other blocks of interest.

He vowed that police would be "looking for Akein Scott for the rest of the night and tomorrow... and I would strongly recommend that Akein turn himself in."

Serpas said Scott has previously been arrested for resisting arrest, possession of a firearm and narcotics charges, with a recent arrest in March. It was not immediately clear whether he had been convicted on any of those charges.

THE ASSOCIATED PRESS

'Are you human?': Abortion doctor found guilty of murder



Dr. Kermit Gosnell, pictured here in a March 2010 photo, was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic. THE ASSOCIATED PRESS FILE

House of horrors.

Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had

Grisly details

"He created an assembly line with no regard for these women whatsoever."

Prosecutor Ed Cameron on abortion doctor Kermit Gosnell during the trial's closing arguments.

undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription-drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia.

THE ASSOCIATED PRESS

PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE NOVA SCOTIA HOME FOR COLORED CHILDREN

TO: Former Residents of the Nova Scotia Home for Colored Children

RE: Elwin et al. v. Nova Scotia Home for Colored Children et al. – Hfx. No 343536

What is this notice?

A proposed class action lawsuit was started on behalf of former residents of the Nova Scotia Home for Colored Children (the "Home") regarding allegations of abuse suffered by former residents of the Home. If you are a former resident, you may be a member of the class. Your legal rights may be affected by this settlement.

The lawsuit was filed by June Elwin, Harriet Johnson, and Deanna Smith, the representative plaintiffs, against both the Home and the Province of Nova Scotia. The Home has reached an agreement to settle the lawsuit. The lawsuit will continue against the Province of Nova Scotia. The settlement agreement must now be approved by the court.

What are the terms of the settlement?

Under the settlement agreement, the Home will pay \$5,000,000 into a trust account. That money will be held in trust by the lawyers for the settling class until the lawsuit against the Province has resolved. If the lawsuit against the Province remains ongoing 12 months after the settlement money from the Home has been received, lawyers for the settling class may seek Court approval of a plan to distribute the settlement money received from the Home. The Home has also agreed to cooperate with the representative plaintiffs as they continue their lawsuit against the Province.

You can read the full settlement agreement online at: www.wagners.co

What are the next steps?

The lawyers for both sides will ask the court to approve the settlement agreement at a hearing in the Nova Scotia Supreme Court, 1815 Upper Water Street, Halifax, on June 10, 2013 at 9:30 a.m. You can attend but you do not have to. If you want to object to the settlement agreement, you must send your objection in writing to the lawyers for the settlement class by May 31, 2013.

This summary notice has been approved by the Supreme Court of Nova Scotia.
Do not Contact the Court about this Notice.

Do I have to do anything right now?

There is nothing you need to do right now. When the court approves a plan to distribute the settlement money, another notice will be published giving you reasonable notice of what steps you should take to make a claim at that time.

Will I have to pay anything?

You do not have to pay anything out of your own pocket. The lawyers for the class will eventually ask the court to approve legal fees, disbursements and taxes payable out of the settlement fund. This will happen when they seek Court Approval of a plan to distribute the settlement money. Any fees have to be approved by the court as fair and reasonable.

How can I get more information?

For more information, contact the lawyers for the settlement class:

Raymond F. Wagner, Q.C.
Wagners – A Serious Injury Law Firm
1869 Upper Water Street
Suite PH301, Pontac House
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Halifax, NS B3J 1S9
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<http://wagners.co>

Cleveland abduction. City torn on whether to demolish or preserve suspect's house

An imposing privacy fence has been erected to guard the home of rape and kidnapping suspect Ariel Castro, with windows and doors boarded shut to keep people out of the place that police say was once meant only to keep people in.

Patrol cars were still parked across the entrances to the block on Monday to keep away onlookers. The fence is 10 feet (3.05 meters) tall.

The run-down house has become a two-story piece of evidence in the abduction and imprisonment case of three women, but neighbours who remain shaken by the horrors that allegedly took place inside want it torn down and erased from the landscape of Seymour Avenue.

"The girls that were in that house, when they ride by there, if they ever ride by there again, they won't have to see that, to remind them or maybe scare them," said Johnny Wright, 54, who can see the back of the house from his front door.

The house and what becomes of it will be a daily talking point for the neighbourhood as city officials deal with the irony of keeping the dreaded site of the women's imprisonment safe while



Cleveland officials are trying to keep this house — where three women were allegedly held captive — intact until the trial of the women's suspected abductor is over. TONY DEJAK/THE ASSOCIATED PRESS

neighbours almost uniformly want it torn down.

The issue isn't simple.

First and foremost, the house is evidence against Castro, who investigators say kept the women in chains in a basement before eventually allowing them to live under close control upstairs. The 6-year-old daughter of one victim, Amanda Berry, was also freed; DNA tests showed Castro was her father, a dark twist on years of captivity during which Castro is also alleged to have induced multiple miscarriages in one of the women by repeatedly punching her belly.

The nondescript white house with a red-and-white tile roof sits on a street of other boarded-up houses, victims of the foreclosure crisis, which hit the city hard. The house has thousands of dollars in unpaid tax liens, which would have to be sorted out as the city attempts to control the property. County records show it was built in 1890 and updated in 1950. Forty-two years later, Castro bought it for \$12,000.

Workers over the weekend began boarding up windows and doors and erecting a metal fence around the house. THE ASSOCIATED PRESS

Brazil's auto market rife with unsafe vehicles

Sao Paulo. Thousands die yearly in accidents that frequently should not have proven fatal

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth largest auto market in the world.

What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in many cases shouldn't have proven fatal.

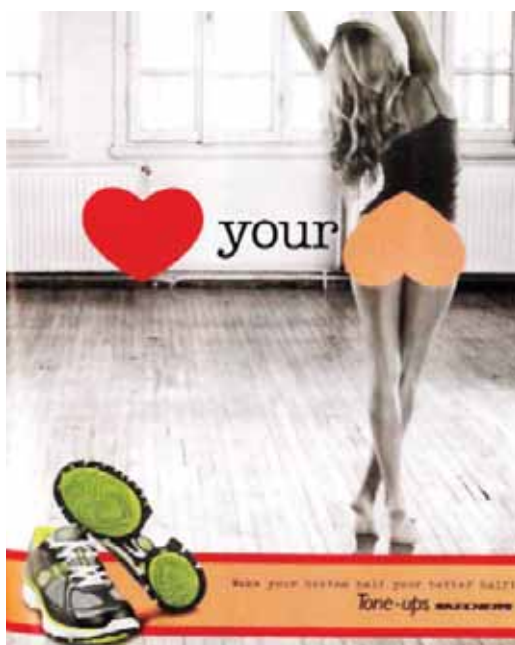
The culprits are the cars



This 2011 photo released by Proteste, a consumer-defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the industry. Four of Brazil's five bestselling cars failed their independent crash tests.

THE ASSOCIATED PRESS



Sketchy claims cost \$40M

A federal judge in the U.S. has approved a \$40-million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Podded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference.

CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and

some clues about whether the company plans to abandon tablet technology.

BlackBerry Live is both an information session and a hype machine for the company, which has several giant parties planned for its supporters. On Wednesday, BlackBerry will focus several events on the future outside North America. The firm is a dominant player in countries like Nigeria, the Philippines and Indonesia.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
98.91¢
(+0.02¢)

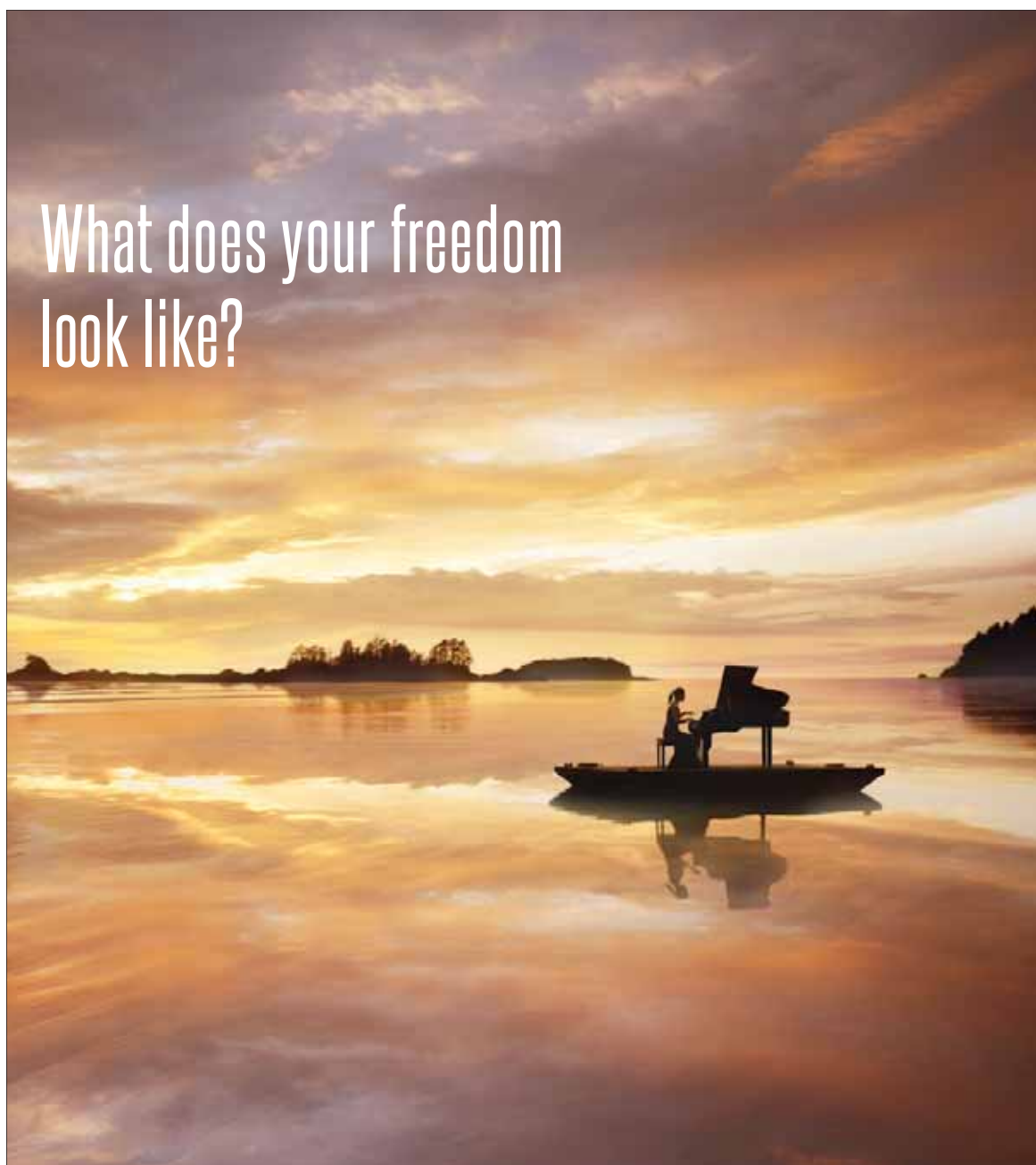
TSX
12,529.55 (-59.54)

OIL
\$95.17 US (-87¢)

GOLD
\$1,434.30 US (-\$2.30)

Natural gas: \$3.94 US (+3¢)
Dow Jones: 15,091.68 (-26.81)

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 **Freedom 55**
Financial

YOUR SNEEZE HAS A SILVER LINING

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to



SHE SAYS

Jessica Napier

metronews.ca

make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves book-marking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines

in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come

with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

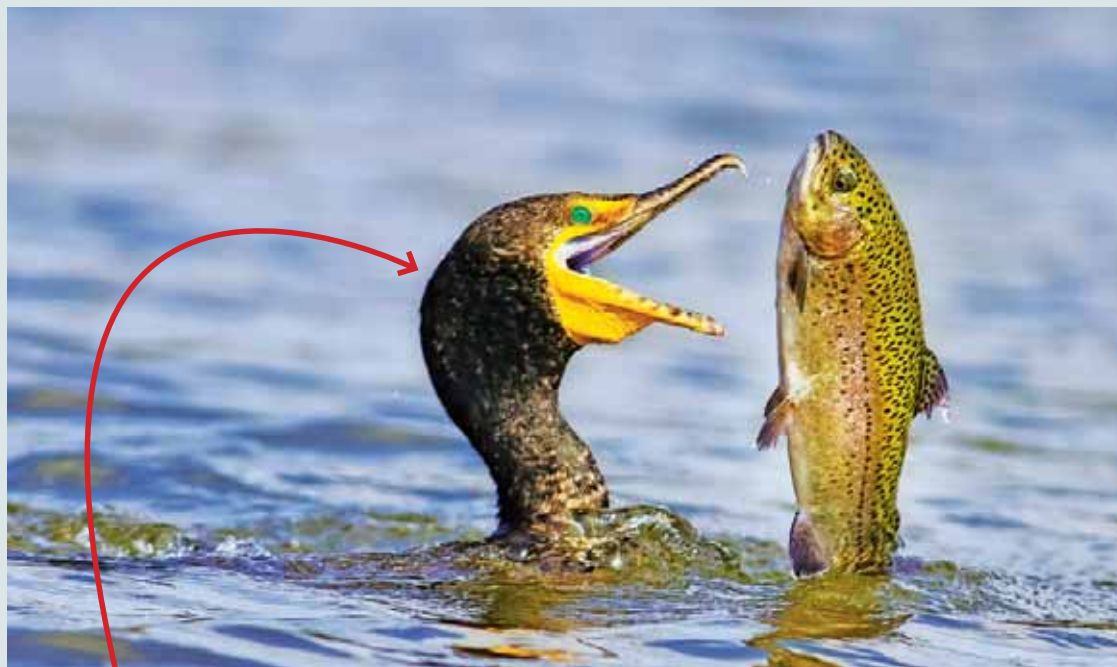
A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

A fish's final moment



DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long

Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." **METRO**

Lunch

"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.

Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.



Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca



Sometimes the answer to business success is a question...

metronews.ca
Tuesday, May 14, 2013

SCENE 11

The future of television

Power to the people.

You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH
BRAW

Metro World News

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show



More people are tossing their remotes and reaching for their tablets. ISTOCK

for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can

already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be

directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favourite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. But as soon as one website is shut down, another one pops up.

Now sports channel ESPN has embraced the trend, offering free streams on its website.

MWN



Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular,"

says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future of Movies. "It has the potential of serving as a test-screening."

MWN

Three companies to watch

These companies are pushing the boundaries of entertainment.

- **Twitch: Online gaming ESPN-style.** On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits: Spotify for garage bands.** Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."

- **Vine & Keek: Top sites for social videos.** Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

2
SCENE



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12

DISH

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Tuesday, May 14, 2013



Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream,

she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Just a single baby? Will Beyoncé be touring with bun-two in the oven?



THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line. The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn. People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.

A reason to revive your cable: Jack is back

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the 12 one-hour episodes

will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland. "To have the chance to reunite with the character, Jack Bauer, is like finding a lost friend. The story ideas from Howard Gordon are exciting and fresh and will not disappoint."

NED EHRBAR, MWN IN HOLLYWOOD

Twitter



@rustyrocks

Uncomplicated relationship with narcissistic freeloader who's scratching himself on my belly



@MARLONWAYANS

I have a lot of fun chilling with ME. I'm a lot of fun. Some people need company... I just need me. #iloveyoume



@WhitneyCummings

You guys, "selfie" is a word now that we just use like it's okay or something



THE COGSWELL SHAKE-UP

THE SHAKE-UP BEFORE THE TAKEDOWN

Join Mayor Mike Savage and the Strategic Urban Partnership as we come together to share our ideas and vision for the future of the Cogswell Interchange. Everyone is welcome... family friendly!

Harbourfront Marriott Hotel
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halifaxsup.ca

Santiago Domestic Short Hair

At approximately 5 years young, Santiago was abandoned by his owners when they moved away. Although shy at first, he soon comes around when spoken to and he displays genuine love for people. Santiago loves the ladies and although he accepts attention from men, he is a Casanova at heart. He is a lovely boy who would suit a quieter home and has lots of love to share. He is currently in a foster home where he has adjusted well — but we know he would love to meet you. Please contact the shelter today to arrange to meet him.



For more information on Santiago and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH ENGEL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwaveshape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the



left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 2

Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this



time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to



the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a push-up. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until



parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

Step 5

High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.



3 TIPS



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WEALTH OF TALENT AND PASSION

STUDY FINDS THAT BUSINESSES ARE KEEN ON HIRING SUMMER STUDENTS

According to a recent BMO Bank of Montreal survey, half (51 per cent) of Canadian businesses are planning to hire students or recent graduates this year.

"We've seen more companies investing in employee training and development — in conjunction with creating long-term plans — which will help business owners ensure they have a supply of talented employees who are prepared to drive performance," said Steve Murphy, senior vice-president, commercial banking, BMO Bank of Montreal.

One-third (30 per cent) of employers plan to take on a paid summer student, the survey found, while one-in-five (21 per cent) plan to hire a recent graduate as a permanent employee.



ISTOCKPHOTO/THINKSTOCK

Murphy added that since many students are currently looking for summer employment it's encouraging to see so many Canadian companies with a noticeable appetite to hire students or recent graduates.

"These organizations recognize that this group of Canadians bring a wealth of

talent and passion into the workforce."

The survey found that business/financial (37 per cent), retail (25 per cent) and construction (22 per cent) companies are the most likely to hire a recent graduate as a paid intern.

The service and manufacturing sectors are the most likely (35 per cent) to hire

CORRECTION

In the April 9 Learning Curve, the University of Toronto photo was taken by Brandon Chu.

a paid summer student, followed by the agricultural sector (34 per cent)

Employers in the manufacturing industry are the most likely (25 per cent) to hire a recent graduate as a permanent employee, followed by the services (24 per cent) and retail and business/financial (23 per cent) industries

"Students and recent graduates are brimming with ideas and fresh perspectives that add value for our customers and our business," said Lynn Roger, chief talent Officer, BMO Financial Group. "When they start their career at BMO — through a summer job or a more permanent role — they bring ambition and excitement, and we offer opportunities to grow in ways that are important to them, in a culture where they can truly meet their goals."



CENTRE FOR ARTS AND TECHNOLOGY PHOTO

GRADUATE EARLIER WITH CAT PROGRAMS

This July, start your training towards a new career in digital photography or graphic design and web development through the Centre for Arts and Technology (CAT).

By graduating earlier than the larger cohort that starts in October, the students who started in July have an opportunity to get out ahead of the pack in their career pursuits.

The 12-month digital photography program equips students with the necessary skills to succeed in photography, photo-

journalism and related visual arts fields.

The graphic design and web development program is 18 months in length and trains students for both print and online design work.

CAT stands behind its programs and offers an educational guarantee.

"Students who graduate from the highest level of a program area and who have not found work in a related industry within 12 months of graduation may return to take any other program of equal or lesser value

offered at the Centre Campus for free," says Deb Merry, campus director, Halifax, Centre for Arts and Technology.

Merry adds that students who start one of these programs in July, versus October, will receive a discount on tuition.

CAT is a higher education institution offering specialized certificate and diploma programs in the entertainment, digital art and information technology industries.

For more information, visit digitalartschool.com/Halifax.

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MOVE AHEAD WITH YOUR STUDIES

WITH ESL COURSE AT KGIC HALIFAX

By taking a commanding control over the English language, ESL students are more likely to succeed in post-secondary and career endeavours, says Carissa Campbell, Halifax director, King George International College (KGIC).

With that in mind, KGIC Halifax offers specialized ESL programs to help students gain the skills and confidence needed to move ahead with their studies and careers.

"We are not just a typical school," Campbell says.

Students at KGIC can enrol in a program best suited for their educational needs. For those students looking to improve pronunciation, confidence,



KING GEORGE INTERNATIONAL COLLEGE PHOTO

presentation skills, and explore media, they are encouraged to enrol in the power speaking and modern media class. This class is aimed at those looking to improve their speaking skills.

University pathways programs help ESL students prepare to enter English-speaking post-secondary institutions.

Through the King George International Business College (KGIBC), students looking to become teachers of English to speakers of other languages (TESOL) can enrol in one of the TESOL programs.

Located in a brand new campus with beautiful views of the harbour, KGIC offers ESL programs year-round, with intakes every four weeks.

Stop by KGIC at the new location on May 24, from 6-8 p.m. to find out more about these ESL programs.

For more, visit kgic.ca.

FIND YOUR ROLE WITH CERTIFIED COACHES FEDERATION

"Whether at work or at home, we have roles to play," says Abe Brown. "Next month, we'll teach you how to make the most of yours."

Brown is the North American president of the Certified Coaches Federation (CCF). From June 22-23, he will lead an intensive, two-day course entitled Certified Life and Executive Coach Training, designed to teach you coaching principles that can lead you to greater success.

Brown's approach is holistic — considering how imbalances in one part of your life can affect other parts of your life as well.

"Coaching skills are as valuable in your personal life as they are professionally," Brown says. "So I'll help you master concepts like 'deep listening,' which allows you to be recognized as a safe, supportive, and trustworthy person. You'll learn how to enrich your relationships, becoming better connected with your colleagues, friends, and loved ones."



ISTOCKPHOTO/THINKSTOCK

Upon successful completion of this course, you will receive an official CCF certificate, recognizing you as a certified coach practitioner.

The certified life and executive coach training course takes place June 22-23 from 9 a.m. to 5 p.m., at the Quality Inn Halifax. Registration is open now.

To learn more, visit certifiedcoaches-federation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoaches-federation.com.

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Balance sweet mangoes with staple Mediterranean flavours



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
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My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

1. Toss greens, endive, radic-

Nutritional analysis

155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

chio, mango, cheese and olives together in a bowl.

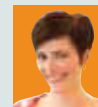
2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

Health Solutions

Chivejive



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of

half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.

- Mince chives and add to pancake batter to create a savoury side dish.

- Add to scrambled eggs.

- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.

- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Peppery, earthy P.E.I. taste — lobster and all

Chef Michael Smith, who hails from Fortune, P.E.I., is at the

heart of Canada's lobster fishery. His salad combines the earthy heartiness of lentils, the luxurious sweetness of lobster and arugula's peppery flavour.

1. Lentils: In a medium saucepan over medium-high heat, bring water, lentils and salt to a boil. Reduce heat to maintain a simmer and continue cooking and tasting just until lentils are tender, 15 to 20 minutes. Strain any excess water and let lentils cool to room temperature.

Ingredients

- Lentils**
 - 1 l (4 cups) water (approx)
 - 250 ml (1 cup) green lentils
 - 2 ml (1/2 tsp) salt
- Lobster**
 - 2 to 4 lobsters
 - 4 l (16 cups) water
 - 125 ml (1/2 cup) salt
- Salad**
 - 15 ml (1 tbsp) canola oil
 - 15 ml (1 tbsp) cider vinegar
 - 15 ml (1 tbsp) honey
 - 15 ml (1 tbsp) Dijon mustard
 - 2 ml (1/2 tsp) salt
 - 4 thinly sliced green onions
 - 2 ribs celery, chopped
 - 1 large carrot, shredded
 - 142 g (5 oz) arugula (about 1.5 l/6 cups)



This recipe makes four to six servings. THE CANADIAN PRESS H/O

2. Lobster: Meanwhile, in a large pot, bring water and salt to a vigorous boil. Remove rubber bands from claws by firmly grasping and crossing claws over the body. Plunge lobsters into water and cook for 15 minutes. Let lobsters cool until you can handle them. Protect

hands with a pair of gloves and remove all meat from the tail, knuckles and claws. Grasp lobster firmly by the tail and head and twist off tail. Crush in your hand to break shell, then pry apart tail. Break claw open with the back of a knife or nut cracker. Cut open knuckles.

3. In a large salad bowl, whisk together oil, vinegar, honey, mustard and salt. Toss in vegetables and cooked lentils. Just before serving, add lobster and arugula and toss everything together thoroughly, evenly distributing vinaigrette. **THE CANADIAN PRESS/ CHEF MICHAEL SMITH**

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Two perspectives of a major milestone: high school graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

**THERESA ALBERT
AND JAMESON RATCHFORD**
life@metronews.ca

Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dish-



Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

es, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barreling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home

twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has

lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of "never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!

Stock markets

It could be a hot stock summer... or not



YOUR MONEY
Alison Griffiths
money@metronews.ca



Market timing doesn't always work out. Will this be a summer from hell? ISTOCK IMAGES

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012.

The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh. Previous busts such as the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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metro

GOLF GUIDE

Tuesday, May 14, 2013

Stars of tomorrow

RICHARD WOODBURY
For Metro

What do golfers Mike Weir, Steve Stricker and Stuart Appleby have in common? All of them played on the Canadian Tour at one point in time. In fact, former Canadian Tour players have accounted for more than 110 victories on the PGA Tour.

Last Nov. 1, operational control of the Canadian Tour was taken over by the PGA Tour and the Canadian Tour was renamed PGA Tour Canada.

For its debut season, there will be eight tournaments spread across Canada.

"We think it's very important to be across Canada," says Jeff Monday, the president of PGA Tour Canada.

The season kicks off in early June with the Times Colonist Island Savings Open in Victoria and works its way east, going as far as Nova Scotia. The plan is to expand

the tour schedule to 12 or 13 events per year.

"We would love to add another event in Atlantic Canada, be it in Newfoundland or P.E.I. or anywhere else out there to be able to play two weeks in Atlantic Canada," Monday says.

He says the tour also wants to schedule an event in Quebec.

All of the tournaments scheduled for this year have a purse of \$150,000, with the winner's share being \$27,000.

However, one of the biggest perks of playing successfully on the tour will be that the top five players on the money list will graduate directly to the Web.com Tour, the PGA Tour's primary developmental tour.

Also, those finishing six to 10 on the money list will get an exemption into the final stage of the Web.com Tour's qualifying school, while those finishing 11 to 20 will get an exemption into the second stage.



Mike Weir got his professional start on the Canadian Tour, which has produced many elite golfers. The new PGA Tour Canada will host eight tournaments across the country this year. TORSTAR NEWS SERVICE FILE

"We always want to reward season-long performance," says Monday, noting these features will help suc-

cessful PGA Tour Canada players move on to the next level of competition.

As well, these policies will

help attract better players to compete on PGA Tour Canada. The early indications are that it is working. This year's

qualifying school attracted a record number of players. "The calibre of play will certainly step up," Monday says.



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Business. Game reveals much about character

RICHARD
WOODBURY
For Metro

The very mention of a few people playing golf together for the purpose of doing business can definitely generate some eye rolling, but one expert argues that it's the perfect place to do business.

"The thing that is most interesting to me about golf is you can learn more about somebody from a round of golf than from weeks and weeks of hanging out with them," says Richard Brasser, a former professional golfer who once wrote a book about conducting business on the golf course.

As every golfer knows, golf is an emotional roller-coaster that will put most of one's emotions on display in a round. Frustration, happiness and anger are a few that come to mind. From a business perspective, this gives people a good idea of how one reacts to certain situations.

"It's probably one of the best tests of character," Brasser says.

Another great thing is that because playing a round will take somewhere between four and five hours, it allows for a lot of one-on-one interaction, as opposed to a traditional meeting, which is not likely to be scheduled for that long.

To have a successful day on the links, people will need to remember that the primary motivation is having a



You can learn more about a person from a round of golf than from weeks and weeks of hanging out with them. THOMAS NORTHCUT/LIFESIZE/THINKSTOCK

good time.

"I can guarantee you that nobody else in the group cares about how you play and every single person will care about how you act," Brasser says.

For this reason, it's a good idea to be up front about certain things you do that are different from other players.

Perhaps just as important, there are certain things you don't want to do, one of which is gambling, even if it's

for very modest amounts of money since this can create tension between the people playing.

One final word of advice Brasser offers has to do with when to talk about business. He recommends spending the front nine talking about non-business things such as family and other interests to help build and solidify the relationship. On the back nine, it's time to go for the green and talk business.

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The Golf in Schools program is now in place at 150 high schools in Canada. GOLF CANADA PHOTO

Getting an early start

Introduction. Program bringing golf to kids at thousands of schools across the country

RICHARD WOODBURY
For Metro

For most people, the thought of gym class brings back memories of the staples, such as dodgeball, floor hockey and soccer, but golf is now being included in the curriculum at thousands of schools across the country. This is thanks to a program called Golf in Schools (GIS) that was developed by Golf Canada.

The program provides both the equipment and lesson plans needed to teach kids the fundamental movement skills and golf skills involved in playing the game.

While fair play and sportsmanship are part of most sports, golf is one that takes it a step further.

"A big part of golf is the

life lessons, the social skills, behaviour, etiquette, manners — all the good life values that the game can teach, so we try to promote that through the program," says Kelly Woloshyn, GIS's co-ordinator.

She feels this element of the game is just as important as learning how to swing the club.

First introduced in 2009 at the elementary level, there are now 2,000 schools across the country participating in GIS.

"We have schools covered in every province, including the territories," Woloshyn says.

At the high school level, GIS was introduced in June 2012 and 150 schools are now participating. Schools from every province are represented, as well as one lone

school in Nunavut.

The cost of the program is \$475 per school at the elementary level and \$795 at the high school level. Both programs include both the necessary lesson plans and equipment.

The difference in price can be attributed to the better equipment needed at the high school level. For example, the clubs at the elementary level are made of plastic, but at the high school level, they are real.

With education budgets as tight as they are nowadays, the program may be cost-prohibitive for some schools. For this reason, GIS has an adopt-a-school program where people can pay for the program.

Perhaps not surprisingly, golf clubs are a big supporter of the adopt-a-school program.

An added bonus of the adopt-a-school program is that the donation is eligible for a charitable tax receipt.



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After the party

Moose vets find time in practice to reminisce

Stefan Fournier admitted that his head wasn't completely in Monday's practice.

The Halifax Mooseheads' co-captain could be forgiven since just a few short days ago he was basking in the glory of the franchise's first ever President Cup on this Metro Centre ice surface.

"I don't get emotional about a lot of things but I do have a soft spot for reminiscing," said Fournier. "It's a surreal moment."

It was the last home ice practice the Mooseheads scheduled before heading to Saskatoon to battle it out at the Memorial Cup.

In his final year of junior eligibility, Fournier, who had a stellar 29-point playoff performance, wasn't about to apologize for being a tad emotional.

"I never won anything in my life. I won a summer AAA tournament when I was eight," he said.

"It kind of restores your faith that things are going to work out."

But he wants more. "I just want to keep on winning. We all want to win together, we're ready for Saskatoon."

It was also an emotional day for Mooseheads defenceman Konrad Abeltshauser, who's also in his last year with the team. More than anything he relished the opportunity of being on the ice in the final seconds of Friday's title-winning victory.

"It was just overwhelming," he said. "To think that we can experience a feeling like we felt on Friday in two weeks keeps us going."

ANDREW RANKIN/METRO



Projected No. 1 and No. 2 NHL draft picks Seth Jones, left, and Nathan MacKinnon will faceoff at the Memorial Cup on Saturday. DEVAAN INGRAHAM/FOR METRO; JEFF HARPER/METRO

MacKinnon primed to clash with Jones

Memorial Cup. As the projected top two NHL draft picks square off, Herd's star forward is focused on another title



ANDREW RANKIN

andrew.rankin@metronews.ca

As Saturday quickly approaches, Nathan MacKinnon needn't be reminded about the escalating hype.

All eyes will be on the Halifax Mooseheads' blue chipper and the Portland Winterhawks' stud defenceman Seth Jones when the widely predicted No. 1 and No. 2 NHL

Quoted

"He's my buddy and I'd like to beat them and have bragging rights. I also know there are (two) other really good teams at the Memorial Cup."

Mooseheads forward Nathan MacKinnon

draft picks clash at the Memorial Cup in Saskatoon.

"I want to be No. 1, I'm a competitor and I want to prove that I can be No. 1," admitted MacKinnon, who was projected as the No. 2 pick, just behind Jones, in the NHL's final Central Scouting rankings.

Playing in the biggest spectacle in junior hockey, the Herd's 17-year-old forward is fired up for the opportunity

to make a lasting impression with the draft right around the corner. But he believes that can only happen if he approaches the four-team tournament focused solely on winning games, not on Seth Jones.

"Really, I just want to win a Memorial Cup. Seth's a great player. We'll play each other 20 or 30 times during the night, and it's going to be a challenge; he's a tough guy to play against."

The pair last squared off at the world juniors earlier this year, where Jones led the U.S. to a championship, while MacKinnon, who played a limited checking role with Team Canada, came home empty-handed.

"He was running the power play and I wasn't, you could say that; I'll leave it at that."

The high-flying forward won't have to worry about ice time this time around.

And he'll have the help of his linemate Jonathan Drouin, a projected top-five pick, who could very well go No. 3.

"Potentially the top three picks are going to be playing in the same game. It's going to be more open hockey, the kind I like."



London's Bo Horvat scores Game 7's winning goal. DAVE CHIDLEY/THE CANADIAN PRESS

OHL final. Knights leave finishing touches to the last (tenth of a) second

Bo Horvat's goal with 0.1 seconds left to play lifted the London Knights to a 3-2 win over the Barrie Colts in Game 7 of the Ontario Hockey League final on Monday.

The Knights are the first back-to-back OHL champions since the Windsor Spitfires in

2009 and 2010.

Horvat, who also opened the scoring in the first period, finished the series with seven goals and four assists, and was named playoff MVP. Horvat had 16 goals and seven assists in 21 playoff contests.

The Knights now join

host Saskatoon Blades, WHL champion Portland Winterhawks and QMJHL winners Halifax Mooseheads at the Memorial Cup, which begins Friday with the Blades entertaining London in the tournament opener.

THE CANADIAN PRESS

Leafs let B's up off their knees in Boston



Bruins Brad Marchand of Hammonds Plains, left, Patrice Bergeron and Tyler Seguin celebrate Bergeron's overtime goal on James Reimer on Monday night in Boston. JARED WICKERHAM/GETTY IMAGES

NHL playoffs. Bruins erase three-goal deficit to break hearts in Toronto and punch ticket to second round

Patrice Bergeron scored at 6:05 of overtime to complete a miraculous Boston comeback as the Bruins rallied to oust the Toronto Maple Leafs from the playoffs with a nail-biting 5-4 victory in Game 7 Monday night.

Bergeron, with his second of the night, ended it as the Bruins blitzed the Toronto goal. The Leafs could not clear the puck and the Bruins forward snapped home a shot.

Two late goals in the space of 31 seconds by Boston's Milan Lucic and Bergeron, with goalie Tuukka Rask off for the extra attacker, shockingly tied the game up at 4-4.

It had looked like two early goals by defenceman Cody Franson had been enough to propel Toronto into the

Game 7	
5	4
Bruins	Maple Leafs

next round of the playoffs. The Leafs led 4-1 midway through the third period when the Bruins started pulling rabbits out of their hat with three unanswered goals — the last two with the clock running out.

It marked the first time the Bruins have come back from a three-goal deficit in a playoff game since April 11, 1990, when they trailed the Hartford Whalers by a 5-2 score in the third period but went on to win 6-5.

"We played extremely hard for six games. That 55 minutes (in Game 7) we threw everything we had at them. It's just an extremely disappointing loss," said a muted Dion Phaneuf.

THE CANADIAN PRESS

Elsewhere on Monday

Rangers to meet Bruins

The Rangers got goals from five different players and Henrik Lundqvist stopped 35 shots as No. 6 seed New York upset the Washington Capitals 5-0 to win Game 7 of their first-round series setting up a meeting with the Bruins in Round 2.

THE ASSOCIATED PRESS



Rangers left-winger Taylor Pyatt, left, celebrates his goal with Derek Dorsett and Brian Boyle on Monday. THE ASSOCIATED PRESS

NBA playoffs

Bulls' offence goes ice cold vs. Heat

LeBron James and the Miami Heat didn't even give the Chicago Bulls room to breathe, practically squeezing the playoff life out of them to take a commanding lead in their Eastern Conference semifinal.

Another effort like this will seal it.

James scored 27 points and the Heat nearly matched a franchise record for fewest points allowed in a playoff game, pounding the listless and short-handed Bulls 88-65 on Monday night to take a 3-1 lead in the series.

"We worked for it," said Heat forward Chris Bosh. "I never like to say that things are easy." THE ASSOCIATED PRESS



LeBron James goes up for a shot against Bulls forward Jimmy Butler on Monday night in Chicago. THE ASSOCIATED PRESS

Giro d'Italia. Hesjedal hopes to make up for lost time

Canadian cyclist Ryder Hesjedal feels he can get back into contention at the Giro d'Italia despite losing precious seconds after one of his most challenging days at the race.

The defending champion said he had no choice but to concede time at one point during the wet and hilly ninth stage from San Sepolcro to Florence on Sunday. Hesjedal, now over three minutes off the lead in 11th place, remains confident he can make up some time and rejoin the front-runners.

"You have to believe it," Hesjedal said Monday from Cordenons, Italy. "You can't decide that it's too much because then you're out of the race already."

If you look at what's happened in the race so far, anything can happen. There are so many variables on the road, things can change completely in one moment.

"So by no means does being three minutes down right now make you throw the towel in."

The Garmin Sharp rider from Victoria is chasing overall leader Vincenzo Nibali of Italy, who has a 29-second lead on Australia's Cadel Evans. Robert Gesink of the Netherlands is 1:15 back in third and Bradley Wiggins of Britain is 1:16 off the pace in fourth. Hesjedal, who was third overall just three days ago, was sixth heading into Sunday. THE CANADIAN PRESS



Ryder Hesjedal completes the ninth stage of the Giro d'Italia Sunday.

GIAN MATTIA D'ALBERTA/THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh wins series 4-2)

Saturday's result

Pittsburgh 4 N.Y. Islanders 3 (OT)

MONTREAL (2) VS. OTTAWA (7)

(Ottawa wins 4-1)

WASHINGTON (3) V. NY RANGERS (6)

(New York wins series 4-3)

Monday's result

NY Rangers 5 Washington 0

Sunday's result

NY Rangers 1 Washington 0

BOSTON (4) VS. TORONTO (5)

(Boston wins series 4-3)

Monday's result

Boston 5 Toronto 4 (OT)

Sunday's result

Toronto 2 Boston 1

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago wins 4-1)

ANAHEIM (2) VS. DETROIT (7)

(Detroit wins series 4-3)

Sunday's result

Detroit 3 Anaheim 2

VANCOUVER (3) VS. SAN JOSE (6)

(San Jose wins 4-0)

ST. LOUIS (4) VS. LOS ANGELES (5)

(Los Angeles wins 4-2)

x—played only if necessary

SCORING LEADERS

G	A	Pts
Krejci, Bos	5	6 11
Malkin, Phg	2	9 11
Crosby, Phg	3	6 9
Iginla, Phg	2	7 9
Pavelski, SJ	4	4 8
Couture, SJ	3	5 8
Zetterberg, Det	3	5 8
Dupuis, Phg	5	2 7
Brassard, NYR	2	5 7

Not including last night's games

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS CHICAGO (5)

(Miami leads series 3-1)

Monday's result

Miami 88 Chicago 65

Wednesday's game

Chicago at Miami, 7 p.m.

Friday's game

x-Miami at Chicago, TBD

Sunday, May. 19

x-Chicago at Miami, TBD

NEW YORK (2) VS INDIANA (3)

(Indiana leads series 2-1)

Tuesday's game

New York at Indiana, 7 p.m.

Thursday's game

Indiana at New York, 8 p.m.

Saturday, May. 18

x-New York at Indiana, TBD

Monday, May. 20

x-Indiana at New York, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS MEMPHIS (5)

(Memphis leads series 2-1)

Monday's result

Oklahoma City at Memphis

Wednesday's game

Memphis at Oklahoma City, 9:30 p.m.

Friday's game

x-Oklahoma City at Memphis, TBD

Sunday, May. 19

x-Memphis at Oklahoma City, TBD

SAN ANTONIO (2) VS GOLDEN STATE (6)

(Series tied 2-2)

Sunday's result

Golden State 97 San Antonio 87 (OT)

Tuesday's game

Golden State at San Antonio, 9:30 p.m.

Thursday, May. 16

San Antonio at Golden State, 10:30 p.m.

Sunday, May. 19

x-Golden State at San Antonio, TBD

x—if necessary

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	24	14	.632	—
Baltimore	23	15	.605	1
Boston	22	16	.579	2
Tampa Bay	19	18	.514	4½
Toronto	15	24	.385	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	21	15	.583	—
Cleveland	21	16	.568	½
Kansas City	18	16	.529	2
Minnesota	18	17	.514	2½
Chicago	15	21	.417	6

WEST DIVISION

	W	L	Pct	GB
Texas	24	13	.649	—
Oakland	19	20	.487	6
Seattle	18	20	.474	6½
Los Angeles	14	23	.378	10
Houston	10	29	.256	15

Monday's results

Cleveland 1 N.Y. Yankees 0
N.Y. Yankees 7 Cleveland 0
Detroit 7 Houston 2
Minnesota 10 Chicago White Sox 3
Kansas City at L.A. Angels
Texas at Oakland

Tuesday's games — All times Eastern
San Diego (Cashner 2-2) at Baltimore (Tillman 3-1), 7:05 p.m.
Seattle (Hernandez 5-2) at N.Y. Yankees (Sabathia 4-3), 7:05 p.m.
San Francisco (Zito 3-1) at Toronto (Dickey 2-5), 7:07 p.m.
Houston (Harrell 3-3) at Detroit (Fister 4-1), 7:08 p.m.
Boston (Lackey 1-3) at Tampa Bay (Moore 6-0), 7:10 p.m.
Chicago White Sox (Peavy 4-1) at Minnesota (Correa 4-2), 8:10 p.m.
Kansas City (Guthrie 5-0) at L.A. Angels (Vargas 1-3), 10:05 p.m.
Texas (Holland 3-2) at Oakland (Colon 3-2), 10:05 p.m.

NATIONAL LEAGUE

Monday's results

St. Louis 6 N.Y. Mets 3
Milwaukee 5 Pittsburgh 1
Chicago Cubs 9 Colorado 1
Atlanta at Arizona
Washington at L.A. Dodgers

Horoscopes

Aries

March 21 - April 20

Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

Taurus

April 21 - May 21

There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

Gemini

May 22 - June 21

You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

Cancer

June 22 - July 23

Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

Leo

July 24 - Aug. 23

You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

Virgo

Aug. 24 - Sept. 23

If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

Libra

Sept. 24 - Oct. 23

Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

Scorpio

Oct. 24 - Nov. 22

You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

Sagittarius

Nov. 23 - Dec. 21

Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

Capricorn

Dec. 22 - Jan. 20

You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

Aquarius

Jan. 21 - Feb. 19

Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

Pisces

Feb. 20 - March 20

It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Swedish auto
5. "The World According to ___" (1982)
9. Mr. Nova (Canadian singer/guitarist)
13. Hubba ___ (Gum)
14. Duo plus one
15. "The Ghost & Mrs. ___" (Old sitcom)
16. Valley of the Kings discoveries in Egypt: 2 wds.
18. Drug deal buster, for short
19. Pre-lunch hrs.
20. Occupied
21. Magnifying glass user
23. '70s night spots
25. Parisian positives
26. Arrest proof from a police car: 3 wds.
32. WWW code
35. Norse navigator
- Mr. Ericsson
36. Locomotive tracks
37. Hawaii's ___ Beach
38. Poet of the Yukon, Robert ___
40. Rich dollar amt.
41. Lisa of "The Cosby Show"
43. Fermented soybean paste
44. ___ other (Without equals)
45. Winnipeg-born songwriter/singer/guitarist: 2 wds.
48. Actress, Lena ___
49. '70s sitcom family, The ___

53. Locales
56. Achievement
58. "Sheila": 1962 hit for Tommy ___
59. "___-Di..." (Beatles song title bit)
60. What a doctor provides: 2 wds.
63. Eye droplet
64. City of Russia

65. Recommended strongly
 66. Inputted info [abbr.]
 67. Places
 68. "Friends" friend
- Down**
1. Finland, as Finns call it
 2. Bottomless pit
 3. Camel hair garment
 4. Movie boxer Rocky's surname

5. Vintage muscle cars
6. Canadian ___ (Military force)
7. One bone
8. Play ___ (Feign death or sleep)
9. Memory loss
10. Lei-wearer's party
11. David Spade's "Joe ___"
12. Philharmonic gr.

13. Mr. Pitt
17. Fight
22. Book, in a Quebec library
24. Gladiator's 450
25. Klutzy
27. Lily Munster's beloved
28. ___ centre
29. Softens the lights
30. Tiger Woods' ex-wife
31. Nobel Peace Prize city
32. Official lang. of Israel
33. ___ day (Train-catching frequency, often)
34. British Invasion group, Manfred ___
38. Fashion sense
39. ___ boots
42. L'île-du-Prince-___ (PEI)
44. NHL's Ducks, on scoreboards
46. Billy ___ (Canadian flying ace of WWI)
47. Medieval king of legend
50. Burdens
51. Past times
52. Plant's beginning
53. X-mark a ballot
54. Mr. Scrooge, to pals
55. ___ (Line above the equator)
56. Quick
57. Banff National Park animals
61. Land Down Under bird
62. Olympics abbr. for Zagreb's land

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	5	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

		4	2		7			8
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

Today

7°/3°
Rain
80%

Wednesday

12°/3°
Showers
60%

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Sorento EX shown^Δ

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ALL-WHEEL
DRIVE

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SEATING
AVAILABLE

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HWY (A/T): 7.1L/100KM
CITY (A/T): 10.4L/100KM

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BI-WEEKLY APR



AVAILABLE
PANORAMIC
SUNROOF

bi-weekly for 60 months, amortized over 84 months with \$1,200 down payment. Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Sorento 2.4L LX AT FWD with a purchase price of \$28,539.

Rondo EX shown^Δ

7 PASSENGER
SEATING
AVAILABLE

THE ALL-NEW 2014 RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

OWN IT FROM **\$145^Δ** AT **3.99%**
BI-WEEKLY APR

+ **PAY 60 DAYS^Δ**



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NAVIGATION
SYSTEM

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